



OPTIMAL HEALTH SYSTEMS

Where Health Comes Naturally



OPTIMAL NATURAL Z PAK – MASSIVE, FAST ACTING IMMUNE BOOST

The nutrients your body needs to nitro boost your immune system.

A product for every medicine cabinet. Page 3

OPTI-B.F.F. (Blood Vessel Flexibility Formula)

Increase your circulation without increasing your blood pressure is the fastest way to improve your health. We have your new BFF to do just that! ..

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A message from our formulator!

Douglas Grant,
BS Nutrition - ACSM - Founder/Formulator of OHS

As things heat up in the Arizona desert we focus on new research, formulations and systems for people to use to improve their health. With Summer time here, we are so very excited to be moved into our new facility, enabling us to bring new innovations we have been working on. This Summer we are seeing a great movement and shift of consciousness back to whole food nutrition. Social media has caused such a dramatic roar of health claims coming at us, we are finally seeing the needed push back.

Our team along with all of you are demanding research and respect for nature's nutrients. We have spent almost every weekend somewhere around the country talking to doctors, athletes, and people just trying to make healthier decisions. We are so excited to see people wanting whole food supplements that are delivered at the cell level versus synthetic chemicals.

To celebrate the coming of Summer this year we have formulated a great new product that **helps create immediate health benefits for all**. It is called: **Opti-B.F.F. (Blood-vessel Flexibility Formula)**.

This powerful formula contains the synergistic blend of nutrients that boost nitric oxide, increase methylation & anabolism. Opti-B.F.F. contains nitrates from over 35 fruits and vegetables, a special form of creatine and natural energy herbs. These ingredients have been proven to dramatically increase nitric oxide which triggers your arteries to relax and become more flexible. Your blood flow increases with nitric oxide production while helping to lower blood pressure.

Celebrate Summer with this great product that **we feel is the most powerful break-through formula used by Health Professionals in decades**. Every person can benefit from more methylation, anabolism, energy and better blood flow.



Have a healthy Summer season!

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Prescription drugs are *better than* typical supplements . . .

There are many who'd argue the exact opposite. The backwards truth is prescription drugs excel at delivering ingredients at the cellular level, whereas typical supplements don't get absorbed because your body doesn't digest them properly. Prescription drugs get it right when it comes to cellular delivery. The problem with drugs is they come with negative side effects and health risks, and the problem with typical supplements is that they're made from synthetic chemicals.

We at Optimal Health Systems believe true healing and health comes from whole food nutrients, not drugs or synthetic ingredients, and making sure they are delivered at the cellular level.

OHS was founded on the mission to raise the health standard in the world by mentoring doctors and patients one person at a time, and delivering wholesome supplements that truly improve the quality of life and health. One way we help people get healthy is with high-potency supplements made with whole foods. And then we take it one step further, adding plant enzymes and organic minerals to ensure digestion. *This combination of whole foods and Opti-Blend™ is how we deliver high potency nutrients at the cellular level.*



Whole Food Cultured Media

Optimal Health Systems has worked with many leaders in the nutrition field for over two decades to develop this blend. By using nature's fermentation process with organic yeast, pure plant enzymes, stabilized probiotics, and a variety of whole foods, we can now deliver higher potencies of whole food vitamins and minerals.

Opti-Blend™ Digestion & Delivery System

We also take our supplements a step further with our special predigestion process with patented ingredients. Adding enzymes and organic minerals before carefully packing them in capsules ensures delivery at the cellular level and increases absorption. We're the only supplement company that does this, and it makes a huge difference when it comes to your health. Your body soaks up every last granule and starts using it right away, instead of having to do all the digestion work and losing potency in the process.

Opti-Blend™ utilizes a combination of 10 kosher-certified, non-GMO, aspergillus oryzae enzymes and patented organic minerals to help digest every nutrient. Every person can receive the benefits of whole food supplementation because the nutrients are digested and delivered independent of the individual's condition.



OPTIMAL NATURAL Z-PAK

A Massive, Fast-Acting Immune Boost

When we get sick, we want to get un-sick as fast as possible. Whatever our preferences are, they go out the window in the face of our urgent need to make pain and illness go away. Sometimes we resort to drastic measures in hopes of turning our health around.

Optimal Health Systems is excited to let you know you don't have to sacrifice quality or safety for quick, effective relief from colds, flu, and other forms of bacterial AND viral illnesses. There's a natural whole food version of our immune booster:

The Optimal Natural Z-Pak™

Instead of a huge dose of antibiotics that destroy all living things good and bad, it's the nutrients your body needs to nitro boost your immune system.

These are natural nutrients that destroy only the bad while increasing your good ecology.

How Optimal Natural Z-Pak™ Works

The ingredients work quickly by tapping into how your body naturally fights off pathogens and other foreign invaders.

This is something you want in a medicine cabinet in every home, ready to use the moment the first symptoms of illness crop up.

The Optimal Natural Z-Pak™ loads your bowels up with over 21 billion CFU of flora, including our patented acid and heat-stabilized probiotics. This guarantees any bad bacteria that made it past your stomach are seriously outnumbered. With the microbial battle in the good guys' favor, your army of friendly flora can wipe out what's making you sick.

"The Optimal Natural Z-Pak™ loads your bowels up with over 21 billion CFU of flora."

An Army of Research-Proven Ingredients

How can doing the exact opposite of a Zithromax Z-Pak beneficial?

Simple: *you follow the laws of nature and use the right ingredients.*

This formula provides a blend of colostrum, echinacea, beta glucan, DDS-1 lactobacillus acidophilus, and enzymes that act as anti-microbials. These nutrients assist against viruses, fungi, and pathogenic bacteria.

Continued

Since viral infections take a different approach than bacteria, it takes a different blend of nutrients. Ingredients like L-Lysine, predigested glandulars, green tea, elderberry, olive leaf, garlic, and echinacea have been proven to help fight off viruses and bacteria, providing a natural--yet powerful--holistic boost to your body's defenses.

One of the best nutrients you can provide your body during times of illness (and preferably every day) is vitamin D. Hundreds of studies back its efficacy when it comes to immune and overall health. However, we haven't isolated vitamin D because it works best when paired with vitamin K2 and

CoQ10. They work together to get nutrients to the right places and this pack provides them in whole food form.

Since your body is stressed from illness and you're feeling stressed, your cortisol levels are probably elevated. If you stay stressed for too long, your immune function takes a dip. Predigested ashwagandha, bacopa monnieri, panax ginseng, organic magnesium, zinc, selenium, chromium, turmeric and more have been proven to reduce cortisol levels caused by stress, help boost energy levels, and help your body and mind bounce back.



Ashwagandha



Bacopa monnieri

When we talk to both doctors and patients about health, we always like to make sure the basics are covered.

This Pak includes 24 essential whole food vitamins and patented organic minerals to get you on the path to healing.

How the Zithromax Z-Pak Works

This drug-filled prescription is a huge dose of antibiotics called azithromycin.

It's designed to treat only bacterial infections. It does not work for viruses but wipes out every last microbe in your body, including the good bacteria.

This product works by completely stopping the growth of bacteria. It takes about five days to

fully work, yet can start relieving symptoms on the same day you start taking it.

Side effects of this product include upset stomach, diarrhea, nausea, vomiting, and abdominal pain. Less likely but serious side effects include hearing changes, eye problems, difficulty speaking/swallowing, muscle weakness, and signs of liver problems.

The Healthy Choice

So, when you get sick, you have a choice between a kill-all approach, or an immune-boosting approach. Work against how your body functions, or aid the natural course of things. Both the drug and whole food herb ingredients in the Natural Z-Pack™ are research-proven to be effective, but in different ways.

Make sure you have a Natural Z-Pak™ in your medicine cabinet to "naturally" be ready.

Dosing: Take 1 packet 3 times daily for 10 days.

\$49.95 - 30 Health Paks





We feel that increasing circulation without increasing blood pressure is the fastest way to improve your health.

We have your new BFF to nutritionally support doing just that!

The ingredients in Opti-B.F.F. can go to work within minutes thanks to a **huge boost of methylation, anabolism, and nitric oxide that dramatically increase your blood vessel flexibility and blood flow.**

“Don’t ignore the early warning signs. They may be your ONLY signs ...”

Don’t fall into the trap of thinking you’re fine. Research shows that blood flow and the chemical that keeps your blood vessels healthy starts declining by your thirties, healthy or not.

So, don’t ignore the early warning signs. They may be your ONLY signs... Part of the aging process means a steady decline in many bodily functions and processes, including circulation.

We experience telltale early signs via:

- Poor circulation

- High blood pressure
- Brain fog
- Achy joints
- Cold hands and feet
- Numbness
- And more



And if your circulation has been struggling for a while, it manifests as coronary artery disease, pulmonary disease, nervous system issues, Raynaud’s disease, kidney damage, hypertension, stroke, and so on.

Research shows that Nitric Oxide (N-O) levels start dropping in your 30s meaning it’s down 75% by your 70s. So, the poorer your health, the faster the decline. Nitric Oxide is what the body uses to help with circulation and blood flow by expanding your blood vessels and keeping them young. Poor circulation makes you prone to a gradual buildup of plaque in your arteries. It’s so gradual that it can take decades before you notice what’s happened—usually in the form of a heart attack.

Statistically, that’s the only warning most people ever get. *Continued*

Your body depends on circulatory health when it comes to getting enough oxygen. Perhaps the most important thing your body needs is oxygen, so this isn't just a blood flow issue. If your cells don't receive an adequate supply of oxygen, you're not going to reach or maintain optimal health no matter what you do.

You can turn this situation around by supplementing with nutrients that boost nitric oxide.

The Nobel Prize-Winning Molecule



Nitric Oxide (N-O) is a gas produced in every tissue and organ in our body, specifically in the lining of your blood vessels. This gas triggers a chemical reaction that tells arteries to relax, which leads to increased oxygen and blood flow.

It helps boost oxygen levels, which means energy levels go up, ensures nutrient delivery (which means faster repair and excellent recovery), and your risk of multiple health issues just about vanishes.

The Three Facets of Flexible Blood Vessels and Great Blood Flow

1. Nitric Oxide: Natural Vasodilators from Fruits, Vegetables and Creatine Nitrate

If blood flow's weakest point is near your heart, it develops into coronary artery disease. If it's around your lungs, then it's pulmonary disease. Or if blood is struggling

“If blood flow's weakest point is near your heart, it develops into coronary artery disease.”

to reach your brain, you're well on your way to getting a stroke. The list goes on and on. No matter the problem area when it comes to poor circulation, nitric oxide levels are almost always low.

Food nitrates are perhaps the most important nutrients you can give your body to boost N-O levels and turn your health around. Opti-B.F.F.™ works its magic to boost N-O dramatically to ALL organs, meaning it can function as a natural Viagra. Viagra works off increased blood flow by increasing N-O levels.

2. Creatine: Methylation and Anabolism

Creatine Nitrate can be considered the rock star nutrient when it comes to promoting blood vessel flexibility and excellent blood flow. In addition to helping your body produce N-O, it's an excellent catalyst for promoting methylation and anabolism.

Methylation is a vital metabolic process that happens in every cell and every organ of our body. Life would not exist without it.

These normal reactions occur billions of times every second but, like N-O levels, it decreases as you age. So, if you improve methylation, you improve function and overall health and wellness. You can make this easier by pumping yourself with an effective dose of Creatine.

Creatine has been proven to act as an antioxidant, promote proper muscle pH, and help with hydration at the cellular level, three things your body needs to repair and grow muscles, thus stay strong and keep your heart healthy. *Continued*

“Free radicals love to steal the very breath from cells and tear them apart.”

3. Antioxidants: Total Protection from Free Radicals

The ingredients that boost the nutrients in this formula to rock star status are the antioxidants from 35 fruits and vegetables per chewable. These fruits are full of nitrates, which are converted into N-O in

Game-Changing Nutrients to Restore Blood Vessel Flexibility & Blood Flow

We believe Opti-B.F.F.™ is the most advanced blood vessel flexibility formula, combining nitrates from creatine nitrate, fruits and vegetables to create a fountain of Nitric Oxide in your endothelium and an army of antioxidants to protect N-O. On top of that, the promotion of methylation from creatine helps keep cellular processes at optimal functioning. Methylation helps with muscle loss and helps keep you strong.

This formula contains natural caffeine from green tea to help perk you up and further aid disease-preventing circulation.

All together this means:

One powerful formula with over 50 game-changing ingredients proven to help artery health, nutritionally supporting youthful blood flow and protecting you from related diseases.

The benefits of all these ingredients, based on individual nutrient research:

- Increase N-O levels in minutes
- Blood flow like that from the days of your youth
- More oxygen circulation
- Better lung capacity

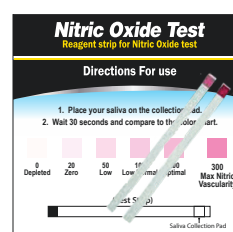
ther body. Antioxidants also protect N-O molecules from free radicals, helping prolong the boost and increase the formula's efficacy.

N-O is a free radical magnet because oxygen is present. Free radicals love to steal the very breath from cells and tear them apart. You can't entirely get away from them. They're a part of life. And since N-O excels at attracting free radicals, it needs a strong line of antioxidants ready to defend it.

You need powerful, proven fruits and vegetables like the ones in Opti-B.F.F.™

- Warmer extremities
- Stronger immune system
- Reduced inflammation
- Lower LDL cholesterol
- Healthy aging
- Healthier heart
- Healthier hair and skin

See the Difference for Yourself



Use one strip immediately before taking a dose, and then 2 minutes later, use the second and see the immediate Nitric Oxide boost. When the strip is red, your blood vessels are expanding and blood is flowing better with less pressure on your heart.

That means more blood flow and healthy blood pressure. It's the best of both worlds.

Take two tangy chews in the morning to get circulation and energy going right away. Then take 1-2 in the early afternoon to ensure Nitric Oxide production, circulation and energy throughout the rest of the day.

\$37.00 - 90 chewables





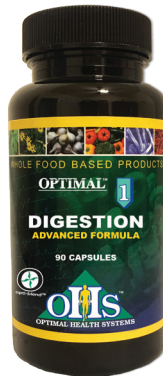
Essential Daily Nutrients & Therapeutic Nutrition Formulas



Optimal 1 Digestion™

Formula that breaks food down into usable nutrients

The most complete digestion formula containing a full lineup of digestive plant enzymes, patented organic minerals, and friendly flora. This gives you exactly what your body needs for complete digestion, absorption, and utilization. This has been our top-selling formula for over 20 years. It is a must for every individual who eats cooked and/or processed food.



\$30.00 - 90 capsules

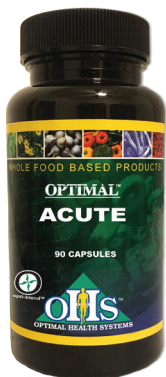
Optimal Whole Food Vitamin • Mineral™

24 potent whole food vitamins and organic minerals

A top seller, this formula contains potent whole food vitamins and organic minerals that deliver 100% of the recommended daily amount of essential vitamins and minerals. There are no synthetics. The patented organic minerals are retained at the highest levels and have the lowest toxicity of any mineral supplement in the world.



\$30.00 - 90 capsules



Optimal Acute™

A Natural Support to Inflammation

Proteolytic enzymes have been proven to be a safe, natural approach to inflammation reduction. The powerful protease blend of enzymes have been proven to be effective. Research and testing have also shown that proteolytic enzymes are extremely effective at digesting potentially harmful proteins.

\$30.00 - 90 capsules



Optimal BonePlus Calcium™

Nutritionally Supports Bone Healing and Density

A bone-healthy blend of the most absorbable form of calcium, along with a natural ingredient called ipriflavone (Ostivone™), which promotes bone formation and strength.

\$30.00 - 90 capsules

Optimal Chronic™

Powerful Nutrients for Joint Support

Nutritionally fights arthritis, joint pain, headaches, "old" injuries, and other chronic conditions. Support healing with this powerful blend.



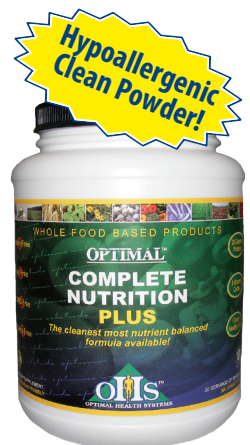
\$30.00 - 60 capsules

Optimal Complete Nutrition Plus™

Purest, cleanest blend of macronutrients we make

A **hypoallergenic**, high-protein, and vegetarian-friendly powder that is free of gluten, dairy, and soy, and contains no GMOs. The eight most common allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Complete Nutrition Plus™ contains none of these. This formula also contains a high dosage of antioxidants proven to squelch all five disease-causing free radicals, making it the most potent vegetarian friendly powder available.

\$59.95 - 900 grams





PRODUCTS



Optimal Complete Performance™



Best Tasting Protein Powder!

Complete, Effective Protein Powder

This is a balanced protein powder complete with vitamins and minerals. By utilizing the most nutrient-dense forms of proteins, carbs, and fats available, we ensure you will have all the nutrients needed to restore energy and help create lean, calorie-burning muscle. This is the popular formula many professional athletes and teams use. (Chocolate or Vanilla)

\$59.95 - 1500 grams (3.5 lbs.)



Optimal Cort-Adrena™ Adrenal and Stress Support

Are you feeling sluggish and dependent on stimulants to maintain energy? Loading your system up with key ingredients, like ashwagandha, panax ginseng, and more, may be all you need to help with cortisol levels, reset your adrenal glands, and maintain abundant energy throughout the day. Our formula uses plant enzymes, organic minerals and digestive enzymes, nutritionally making it even more powerful.

\$30.00 - 90 capsules

Optimal Defense™

Total Immune Support

Our immune system is bombarded by pathogens every day. Give your system the boost it needs with the most powerful and effective immune-supporting ingredients.

\$30.00 - 90 capsules



Optimal E.F.A.™

Safe, Effective E.F.A.s Without the Risk of Mercury

These are essential fatty acids for cardiovascular, brain, and eye health. EFAs help with the delivery of micro-nutrients. We do NOT use fish oil; we get our EFAs from algae, flax seed, and borage oils. You actually get more omega-3s from algae than you do from fish or krill. The latter two eat algae, which is how they get their omega-3s in the first place.

\$30.00 - 60 capsules



Optimal Fat • Sugar • Trim™

Digest Fat, Nutritionally Support Sugar Levels, and Help With Cravings

Otherwise known as the metabolism formula, it effectively digests fats and sugars, and gives your body the nutrients it needs to metabolize them as energy, instead of being stored as fat. This formula also utilizes ingredients, like cinnamon and patented chromium, to aid with blood sugar.

\$30.00 - 90 capsules



Optimal Female +B™

Balance Hormones & Produce Energy

Female +B gives your body all the known researched nutrients that support hormonal balance, thus allowing your system to decide what it needs to use. It's become a huge relief for women (and their families) across the nation.

\$30.000 - 90 capsules

Optimal Flora Plus™

Your bowel needs many different flora to function properly. Optimal Flora Plus™ stands out from the rest by providing nine patented, stabilized and acid resistant probiotics the body uses for immunity and health.

\$30.00 - 90 capsules



"Flora Plus saved me as a new mom. Just after having my baby, I was so exhausted and it seemed my digestive system was just as tired. Once I started taking Flora Plus regularly, my digestion improved and the constipation went away within 24 hours."

Emily Brown



PRODUCTS



Optimal Fruit & Veggie Plus™

20,000 Antioxidant Units Per Serving

This is the most potent antioxidant and phytonutrient powder available.

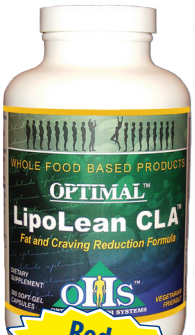
Antioxidants fight free radicals, which are unbalanced molecules that cause all sorts of damage, until antioxidants step in and balance them out. There are five major types of free radicals, and this formula balances all of them.



\$54.95 - 30 servings

Optimal LipoLean CLA™

Reduce Fat Mass and Food Cravings



Optimal LipoLean CLA is pure CLA in a potency needed based on all the research. In order for it to be effective, research shows you need to take 4 grams per day for 12 weeks. Your body acclimates to it for the first four weeks, preparing your cells to package up excess fat and remove it from your body. The next 8 weeks your body steadily removes up to 4% body fat, based on the research on CLA.

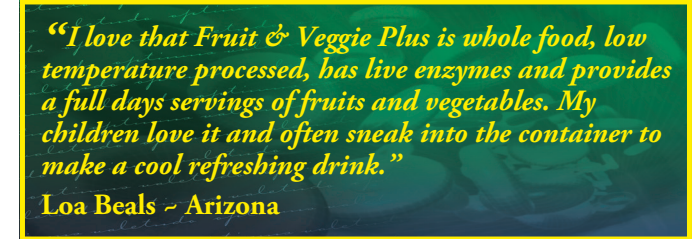
\$52.00 - 360 capsules

Optimal Longevi-DK2™

Whole Food Cultured Vitamin D with CoQ10 Ubiquinol and Vitamin K2

A potent formula that incorporates three fat-soluble nutrients, CoQ10, vitamin D, and vitamin K2. These ingredients have been proven to increase longevity and lower the risk of many diseases. Hundreds of studies have established the importance of Vitamin D with health and longevity, as it supports bone, cardiovascular and mental health.

\$30.00 - 120 capsules



Optimal Iron™

Organic, Highly Absorbable Source of Iron

Iron is a mineral that is essential for health. Optimal Iron™ contains the only patented form of iron, Ferrochel, in a blend proven to be assimilated 400% more than other iron supplements.

\$30.00 - 120 capsules

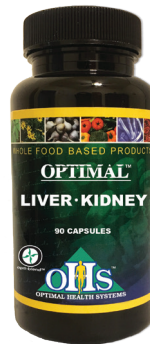


Optimal Liver • Kidney™

Nutrient Support for Detoxifying Organs

Your liver is responsible for over 600 functions. Support your body's detoxification system with nutrients, like milk thistle, dandelion, and barberry, proven to ensure normal clearance of toxins, as well as protect the liver.

\$30.00 - 90 capsules



Optimal Muscle Rx™

Proven Natural Muscle Aid Formula

Standing strong with US formula patent #5,888,553 and five other ingredient patents, it helps sustain and build lean muscle for anyone from professional athletes to people recovering from injuries. The ingredients truly serve the dual purpose of repairing, building, and retaining muscle for power and spine support.

\$52.00 - 300 capsules





PRODUCTS



Optimal Natural Vitality™ Boost Mental and Physical Energy

This nutrient blend is a way to gain immediate energy through organic and wholesome nutrients. Research shows these ingredients are a great replacement for synthetic caffeine, and don't create mood swings or tax the adrenal glands. It's a big energy boost without the crash.

\$30.00 - 90 capsules



Optimal Opti-Nitric™ Natural nitric oxide boost helps improve cardiovascular and overall health

The most advanced formula combining L-arginine, ornithine, and citruline to boost nitric oxide levels, it's nutrients reverse deficiencies and can dramatically improve your overall health.

\$30.00 - 90 capsules

Optimal OxyPure™

Load Your Bloodstream with a Pure Oxygen Boost

An O4 molecule that's like compressed oxygen in liquid form that you take to help with oxygenation, thus keeping you healthy. Oxygen fights cold, flu, infection, rash, shingles, alkalization, candida, bug bites, athlete's foot, and more.

\$25.20 - 2 ounces



Optimal REM Sleep™
Support for a Natural, Sound Sleep
Get deep, restorative sleep with whole food ingredients that gently and naturally support your sleep. REM sleep deprivation is becoming a national health crisis, with symptoms of insomnia on the rise. Avoid becoming another statistic.

\$30.00 - 90 capsules

Optimal Opti-T™ Natural Testosterone Support for Men and Women



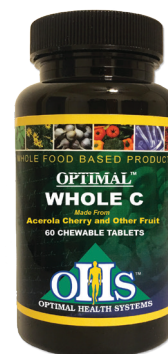
Studies show testosterone levels in both men and women are at a historic low. This is a blend of specific herbs and nutrients that naturally support higher testosterone levels, reproductive health, and aid circulation. Testosterone is the one thing your body naturally produces that controls how your body looks, burns fat, builds muscle, and your libido. Our nutrients are based on whole foods with digestive enzymes and organic minerals for ultimate potency.

\$30.00 - 90 capsules

Optimal Whole C™ (Chewable) Complete Support for Immunity and Cardiovascular Integrity

Contains the highest potency of whole food vitamin C available. Derived from only fruits and vegetables, it ensures your body gets Vitamin C the way nature intended. This is the safest, most complete, and potent Vitamin C supplement we have ever developed.

\$18.00 - 60 tablets



OPTIMAL HEALTH SYSTEMS
Where Health Comes Naturally

"I appreciate the research behind every product and the service I get from Optimal Health Systems. However, most importantly, I chose to go with the OHS products because they work."

**Mike B., San Antonio Spurs
Strength and Conditioning Coach**

Optimal Cleansing Kits



Toxic Overload

Cleansing the body is critical in order to keep it functioning properly in today's toxin-filled environment. OHS offers multiple cleanse options that allow you to either do a soft cleanse that won't make you change your daily routine, or a half-day cleanse that is quick and effective.

There are now over 100 known autoimmune diseases, including Type 1 Diabetes, Rheumatoid Arthritis, Crohn's Disease, MS, and Colitis. New research shows an alarming increase, surpassing the incidences of cancer and heart

disease. Heavy metals exposure plays a predominant role.

1 in 12 Americans will develop an immune disorder and, on average, a stricken individual will see six doctors before getting correctly diagnosed. Over half of the individuals will be told nothing is wrong for an average of five years.

Heavy metals, like mercury, lead, and cadmium, are accumulating at an alarming rate. The atmospheric burden of mercury has tripled. To ensure these are kept in check, lifestyle improvements are recommended, and a thorough cleanse should be mandatory.

Toxin buildup can cause many symptoms, including:

Fatigue • Headache • Irritability • Poor Concentration • Insomnia • Depression • Poor Digestion
Bad Breath • Body Odor • Allergies • Skin Conditions • Irregular Bowel Function

Optimal Half Day Organ Cleanse Pak

Originally created for our professional athlete clientele, this half-day cleanse has become a staple for all busy people. Some of the most common reasons for toxic buildup are the use of prescriptions and over-the-counter medications, carbonated beverages, smoking, stress, a diet high in fatty or fried foods, and simply living in polluted locations.

In just half a day with this cleanse, OHS will help you experience a holistic cleanse phenomena that many have said changed their life for the better. It has been reported to help with aches and pains, obesity, halitosis, gallstones, high cholesterol, and more. Although we do not make claims about the product.

\$49.95 - Complete with instructions

Optimal Soft Cleanse Pak

Many health professionals recommend a slow deep cleanse of all tissues, including the kidneys and liver.

The Optimal Liver • Kidney Formula provides the herbs and nutrients proven to nutritionally support the cleansing of these organs.

This pak contains all the nutrients needed for an effective cleanse.

Take one packet morning and night for 1 month.

\$59.95 - 60 packets





Optimal Custom Paks

Assorted Health Paks

We have Paks that come in several supplement combinations but not everyone fits those molds. We have special machinery that allows health professionals to create individual custom Paks for special patient needs.

Health professionals decide exactly what combination a patient needs and fills out a simple form. We take that information and get to work, and the final product is completed with the patient's name on the box, along with all 31, 60, or 90 individual packages.

The Custom Pak saves patients money and keeps supplementing simple. You can even pack a package or two away so you always have one handy.



Prices range from: \$54.95 to \$182.95

Optimal Allergy Pak

Help your body with allergies so you can enjoy every beautiful day.

Allergens themselves are not the issue, otherwise every person would suffer from seasonal allergies. The issue stems from the body not being able to break down and eliminate allergens. This Pak provides all the nutrients that research shows aids in this process.

Each packet contains:

1 Digestion, 1 Flora Plus, 1 EFA, 2 Opti-Mito-Force, and 1 Acute

\$49.95 - 31 packets

Optimal Stress/Anxiety Relief Pak

Many people find immediate stress and anxiety relief through whole food nutrients.

Stress can rob quality of life and health, shortening our lifespans and making us more prone to illness. We have spent years researching over 100 nutrients proven best at helping nutritionally support the body during times of stress and anxiety. You can find peace-of-mind with these nutrients.

Each packet contains:

2 Whole Food Vitamin • Mineral, 1 Muscle Rx, 1 Cort-Adrena, 2 REM sleep, and 1 Flora Plus

\$49.95 - 31 packets

Daily Nutrient Essential Pak

Restore your system with the ultimate stack of over 100 essential nutrients per packet.

The research is solid on what the average American needs and what they're deficient in. The healthy blend of whole food vitamins, organic minerals, essential fatty acids, stabilized probiotics, digestive plant enzymes, and organ-fortifying herbs can help reverse years of poor nutrition.

Each packet contains:

2 Whole Food Vitamin • Mineral, 1 Digestion, 1 EFA, and 1 Flora Plus

\$104.95 - 90 packets

Optimal Joint Pak

Designed to be easy-to-use, the Optimal Joint Pak pairs Optimal Chronic™ and Optimal Acute™ in convenient packets.

Together, these formulas help support the bodies reduction of inflammation and, tissue and disc health. You can take them on a daily basis, along with taking an extra packet whenever the need arises.

Each packet contains:

2 Acute, 4 Chronic

\$49.95 - 31 packets

Optimal Tru-Energy Pak

Preserve your adrenal glands AND give your body all the nutrients it needs for adrenal support and creating energy at the cellular level.

This nutrient combination provides energy and nutritional support for your adrenal glands, especially from past caffeine, sugar, and toxin abuse.

Each packet contains:

2 Muscle Rx, 1 Cort-Adrena, 1 Longevi-DK2, and 2 Natural Vitality

\$59.95 - 31 packets

Optimal Opti-Pak

This is your BASIC DAILY DOSE of vitamins, minerals, probiotics, enzymes, and omega-3s to promote healthy living.

Each packet contains:

2 Whole Food Vitamin • Mineral, 1 Digestion, 1 EFA, 1 Flora Plus, and 1 Longevi-DK2

\$49.95 - 31 packets



Brimhall Wellness™

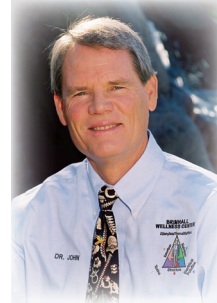
See Miracles Daily

**Dr. Brimhall's
Exclusive Line of Opti-Nutrients**



- ✓ Organic Whole Food
- ✓ High Potency
- ✓ Digestive Enzymes & Organic Minerals
- ✓ Better Absorption

*Glandulars
with Digestive
Enzymes & Organic
Minerals*



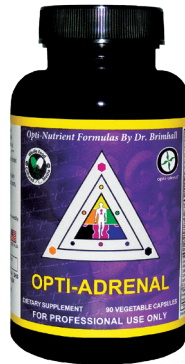
**Dr. John Brimhall,
BA, BS, DC
FIAMA, DIBAK**

Opti-Adrenal™

Adrenal gland support

A No.1-selling Dr. Brimhall formula for years, this synergistic blend of whole food nutrients and glandulars now has digestive enzymes and organic minerals to aid in digestion and provides the adrenal boost and support your body needs to have a healthy response to stress.

\$30.00 - 90 capsules



Opti-GI™

Safe Nutritional Support for the GI

Contains a complementary blend of nutrients, herbs, and a probiotic yeast blend to support the integrity, health, and metabolism of the gastrointestinal tract.

\$30.00 - 90 capsules

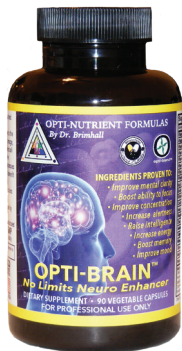


"After only a few days I could definitely feel increased stamina from taking Opti-Adrenal™."

Sherry Ellison

Opti-Brain™

Nootropic formula for brain power



Break free of cognitive limits with the most potent nootropic ingredients and enhance your focus, concentration, memory, learning, and mood. We have closely analyzed over 60 years of neuroscience research and you reap the benefits.

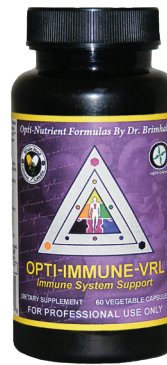
\$44.00 - 90 capsules

Opti-Immune-VRL™

Blend with virus focus

A holistic blend of nutrients, herbs, and glandular aids that research shows support the bodies fight against viruses. It contains specific glandulars that help nourish the body, and L-Lysine, an amino acid that research shows has anti-viral properties, along with many plant herbs.

\$30.00 - 60 capsules



Opti-Iodine™

Support for thyroid, breast and endocrine system

Provides whole food iodine support for thyroid hormone synthesis, helping maintain metabolism. This exact combination has many times proven to be more beneficial than any other single forms of iodine.

\$30.00 - 90 capsules



For more info on all our products, visit www.ohs4life.com

Brimhall Wellness™

OPTI-NUTRIENT FORMULAS ~ By Dr. Brimhall



Opti-MagnaSTEM™

Nutritional Support for Stem Cells

MagnaSTEM's proprietary blend of all natural synergistic herbs, vitamins, minerals and plant extracts have been formulated to assist stem cells AND provide nutrients to help them remain healthy and active.

\$44.00 - 60 capsules



Opti-Methyl-B™

High potency, whole food methylated B vitamins

Opti-Methyl-B is a high potency whole food complex B-vitamin formula. This therapeutic dosage provides what your body needs in the methylated form.

\$30.00 - 90 capsules

Opti-Mito-Force™

Mitochondrial support that includes PQQ

Mitochondria are known as the powerhouses of the cell. They turn nutrients into energy. PQQ's critical role across a wide range of biological functions has gradually emerged. It supports how well mitochondria function and this formula contains the most potent form, along with alpha lipoic acid and other nutrients.

\$30.00 - 60 capsules

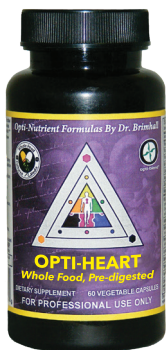
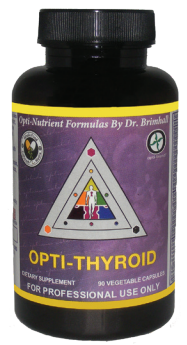


Opti-Thyroid™

Support for thyroid hormone production and function

Provides micronutrients that are essential for the production of T4 and its conversion to T3, providing a foundation that best supports your thyroid gland. It supplies over 100 enzymes that affect nearly every tissue.

\$30.00 - 90 capsules

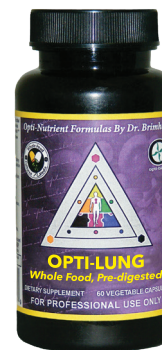


Opti-Heart™

Nutritional support for the heart

Provides micronutrients, antioxidants, amino acids, herbs, and predigested glandulars to help support heart health.

\$30.00 - 60 capsules



Opti-Lung™

Nutritional support for the Lungs

Provides a high level of beta-carotene and B6, a combination of herbs, predigested glandulars, and other nutrients thought to work cooperatively in the respiratory system and associated organs.

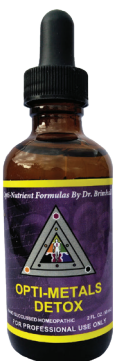
\$30.00 - 60 capsules

Opti-Metals Detox™

The ingredients in this formula provide support for detoxification associated with exposure to heavy metals.

Ingredients (12X, 30X, 60X)
Lead, Aluminum, Barium, Cadmium, Mercury, Thallium, Tin, Nickel, Uranium, Antimony, Arsenic, Radium, Copper, Titanium, 20% Alcohol, and Purified Water

\$36.00 - 2 Ounces



Opti-Enviro Detox™

The ingredients in this formula provide support for detoxification and symptoms associated with exposure to hydrocarbons, air, and water pollutants.

Ingredients (12X, 30X, 60X)
Bromium, Chlorine, Chloroform, Flouride, Iron, Natrum Fluoratum, Phenol, Ammonium Nitricum, Anilinium, Benzinum, Carboneum Chloratum, Naphthalinum, Natrum Nitricum, 20% Alcohol, and Purified Water

\$36.00 - 2 Ounces





HARRIS ESSENTIALS

by Dr. Harris



Dr. Marc Harris, ND, MD, PhD³, one of the most knowledgeable authors and practitioners in America on methylation, has partnered with Optimal Health Systems and Dr. John Brimhall to create a line of highly bioavailable supplements.



For details on our 2019 Methylation Seminar Tour please call us at 800-890-4547!

Essential Pure D-Ribose Powder

Helps Enhance ATP Energy Production

Helps support energy (ATP) production in heart and muscle.

Helps promote muscle recovery following exercise.

Helps decrease free radical production during exercise.

\$26.00 - 250 Grams

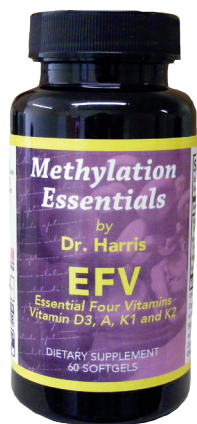


Essential Organic Chelated Magnesium

Muscle and Bone Health

Magnesium supports nerve, muscle, bone and heart health. Patented mineral glycinate chelated form promotes optimum absorption.

\$26.00 - 90 capsules



Essential EFV

(Essential Four Vitamins)

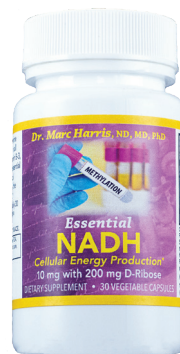
Vitamin D3, A, K1 and K2

Vitamin A to promote better vision, and helps form and maintain healthy skin and hair.

Vitamin D3, the active form of Vitamin D, regulates levels of calcium and phosphorus in the body and is essential for calcium absorption.

Vitamin K1 and K2 to benefit blood clotting, bone health and heart health.

\$26.00 - 60 softgels



Essential NADH

Cellular Energy Production

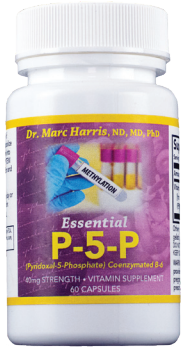
NADH (Reduced Nicotinamide Adenine Dinucleotide) is a co-enzyme found in all living cells that is derived from Vitamin B-3, also known as Niacin. NADH is an essential cofactor for hundreds of biochemical reactions, and is used extensively in the production of cellular energy (ATP).

\$50.00 - 30 capsules



HARRIS ESSENTIALS

by Dr. Harris



Essential P-5-P (Pyridoxal-5-Phosphate) Coenzymated B-6

P-5-P is a biologically active form of Vitamin B6. Vitamin B helps metabolize lipids, carbohydrates, and proteins into energy. Also supports nervous system health and the function and growth of red blood cells.

40 mg Strength

\$26.00 - 60 capsules



Essential Melatonin Sublingual Liquid

Blended in a phytonutrient matrix creating a highly absorbable nutrient compound. Melatonin has been proven to nutritionally support healthy sleep and methylation support.

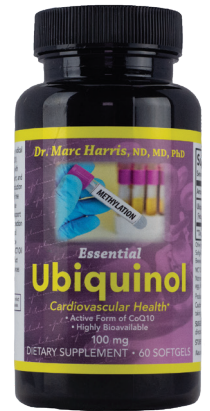
\$35.00 - 2 fluid ounces (60 ml)

Essential Ubiquinol

Active Form of CoQ10

Ubiquinol is the reduced and active free radical quencher form of Coenzyme Q10 (coQ10). CoQ10 is found in all cells of the body, with especially high concentrations in the heart, and is essential to mitochondrial energy production and functions as a powerful, fat soluble, free radical scavenger. These properties make Ubiquinol an ideal supplement for the support of energy production and free radical protection in the heart, vascular structures, brain and neurons.

\$52.00 - 60 capsules



Essential Whole Food Resveratrol

Cardiovascular Support

Resveratrol is a polyphenol naturally found in the skin of red grapes, certain berries, and other plants. Recent research has shown that Resveratrol can help to support healthy cardiovascular function. Resveratrol is best known for its cellular anti-aging properties, as well as for its ability to promote a healthy response to biological stress.

\$45.00 - 60 capsules



Essential Organic Chelated Zinc

Nutrition for proper growth and maintenance of the human body

Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions, and it is needed for immune function, wound healing, blood clotting, thyroid function, and much more.



\$22.00 - 90 capsules



Essential Sublingual Liquid B-12

High Potency Vitamin B-12 Complex

Vitamin B-12 Complex is essential for the maintenance of healthy nervous tissue. B Vitamins play a role in energy metabolism for the body.

\$35.00 - 2 fluid ounces (60 ml)



Your own personal health and fitness trainer in your pocket, with you every step of your health journey.

Trying to lose weight and get healthy on your own is difficult.
It's better to go it with a friend. In fact, it's best with your own personal trainer.

We stick by you every step of your health journey. Our health trainers are there with you, ready to answer any questions at any moment. We adjust your diet and workouts in real time, making sure they meet all your needs. If you ever feel like you've fallen off the path and can't figure out how to get back on, we're there to pick you back up and motivate you to keep going.



David Palmer changed his eating habits and started exercising consistently losing over 50 lbs of fat. Dave started using the on-line training to help him get ready for a long awaited trip to Bora Bora with his wife.

What's different about Optimal Health Trainer

This app is a continuous, 24/7 connection to a live, nationally-certified health trainer. Have a question pop into your mind? Skip searching for the answer either through an app or internet search and instead ask your trainer right then and there. You don't have to schedule a consultation or hope they'll return your call.

Our trainers are truly there for you.

On top of that, wherever you are, so are we. You can work out anywhere and we can help you with exercise and meals at any time, anywhere. You are no longer limited by where you live. Need motivation or inspiration? Send your trainer a message through the app and she will respond in real time.

Over 20 years of research and compiling data, along with fine-tuning the app with over 40,000 people has gone into this nutrition and exercise plan. It has worked for professional athletes, doctors, movie stars, and people like you.

No gimmicks, no hassle, no crazy diets that don't work; just sense and educational nutrition information.

**Check us out at
www.OptimalHealthTrainer.com
or call 800-890-4547**

Create a lifestyle that works for you that you'll want to stick with for life.

We supply you with the guidance and encouragement you need to not only want optimal health, but to achieve it:

- Guided meal plans
- A personal trainer you can reach out to for guidance and motivation 24/7
- Incentives to stay in the game
- Workouts customized to your needs
- How-To Videos on every exercise
- Pair it with FitBit
- Pair it with My Fitness Pal

The average personal trainer costs between \$400-600/mo., and you'll only meet with them maybe twice a week. Our trainers, which you're connected with 24/7, are only \$250 for the first 8 weeks, and then \$100/mo. after that.

If you know you're ready to stick with it for the long haul, there are discounted rates for 6 and 12-month plans.

We can't wait to connect with you and change your world!



Hanna McCabe has lost 50lbs while utilizing the Optimal Health Trainer on-line program. Hanna is currently competing in Natural Bodybuilding Bikini competitions around the country. She is taking the stage by storm with a team of Optimal Health Trainers by her side, cheering her on every step of the way.

Call Today: **1-800-890-4547**

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Prices valid through September 30, 2019



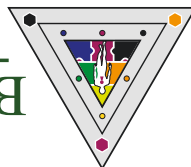
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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